

A group of four elderly people, two men and two women, are smiling and giving thumbs up. The man in the foreground is wearing a blue and white checkered shirt. The woman behind him is wearing glasses and a white top. The woman to the right is wearing glasses and a beige top. The woman in the bottom right is wearing glasses and a white top. The background is bright and out of focus. A gold-colored corner graphic is in the top right.

# Resources for Grandparents in Ireland

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## ACTIVE RETIREMENT IRELAND

Active Retirement Ireland (ARI) is a national network of over 500 local Active Retirement Associations. ARI believes that older people have the right to be full , participating members of society and seeks to combat ageism through the everyday work of the self-organised, local associations and the regional councils. ARI has a large voluntary base with local, regional and national voluntary committees.

### Contact Details:

Active Retirement Ireland,  
124 The Capel Building,  
Mary's Abbey, Dublin 7.  
Tel: (01) 8733836

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## AGE ACTION

Age Action is a charity which promotes positive ageing with better policies and services for older people. Working with, and on behalf of, older people, Age Action aims to make Ireland the best place in the world in which to grow older.

### Contact Details:

Age Action Ireland,  
30/31 Lower Camden Street,  
Dublin 2.  
Tel: (01) 4756989  
Fax: (01) 4756011  
Email: [info@ageaction.ie](mailto:info@ageaction.ie)

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## AGE & OPPORTUNITY

Age & Opportunity is a national non-profit organisation that promotes opportunities for greater participation by older people in society through partnerships and collaborative programmes. It promotes creativity, participation, confidence and engagement among older people.

### Contact Details:

Marino Institute of Education,  
Griffith Avenue, Dublin 9.  
Tel: (01) 8057709  
Email: [info@ageandopportunity.ie](mailto:info@ageandopportunity.ie)

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## ALONE

ALONE is an organisation for older people

who are:

- in crisis and need emergency support in their own home;
- at risk of homelessness and need a place to live with some supports;
- lonely and would like someone to visit them on a regular basis;
- isolated and wish to meet other older people and participate in social events.

### Contact Details:

ALONE, Olympic House,  
Pleasants Street, Dublin 8.  
Tel: (01) 679 1032

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## CATHOLIC GRANDPARENTS ASSOCIATION

### Contact Details:

Catholic Grandparents Association,  
Castlebar Street,  
Westport, Co. Mayo.  
Tel: (098) 24877  
Web: [www.catholicgrandparentsassociation.com](http://www.catholicgrandparentsassociation.com)

## CITIZENS INFORMATION

You can get Citizens Information by phoning the Citizens Information **Phone Service on 0761 07 4000**, or by visiting your local Citizens Information Centre.

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## CONSOLE

Console seeks to respond with respect, dignity and compassion to the spiritual, emotional and psychological needs of those in suicidal crisis and to those bereaved through suicide.

Console is a National Service with Centres in Dublin, Cork, Galway, Limerick, Athlone, Wexford and Kildare.

### Contact Details:

Console House,  
4 Whitethorn Grove,  
Celbridge, Co. Kildare.

Tel: (01) 6102638  
Fax: (01) 6102642  
Email [info@console.ie](mailto:info@console.ie)

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## FRIENDS OF THE ELDERLY

Friends of the Elderly is an Irish charity that

brings friendship and social opportunities to the elderly, especially those who live alone. Its volunteers visit the elderly in their homes in the Greater Dublin area.

### Contact Details:

Friends of the Elderly,  
25 Bolton Street,  
Dublin 1.

Tel : (01) 8731855  
Fax : (01) 8731617

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## IRISH SENIOR CITIZENS PARLIAMENT

The Irish Senior Citizens' Parliament is a non-partisan political organisation working to promote the views of older people in policy development and decision-making.

### Contact Details:

Irish Senior Citizens Parliament,  
90 Fairview Strand,  
Dublin 3.

Tel: (01) 8561243  
Fax: (01) 8561245  
Email: [seniors@iol.ie](mailto:seniors@iol.ie)

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## NATIONAL CENTRE FOR THE PROTECTION OF OLDER PEOPLE

The National Centre for the Protection of Older People (NCPOP) is funded by the Health Service Executive to undertake a programme of research into elder abuse in Ireland. Through their collaborative interdisciplinary team, the Centre aims to develop a knowledge base of Irish and international research which will contribute to the development of policy, practice, and education.

The NCPOP website is a resource for all those working with or having contact with older people in areas such as health and social care, legal and financial services, as well as for older people themselves.

### Contact Details:

National Centre for the Protections of Older People Health Sciences Centre,  
University College Dublin,  
Belfield,  
Dublin 4.

Tel: (01) 7166467  
Fax: (01) 7166498  
Email: [ncpop@ucd.ie](mailto:ncpop@ucd.ie)

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## **NATIONAL FEDERATION OF PENSIONERS ASSOCIATIONS**

The National Federation of Pensioners Associations represents pensioners from the Public Service, Semi-State Bodies and from Private industry. The Federation emphasises the need for pensioners to be formally involved in all decisions that affect them. To this end the Federation insists that they should be involved in any consultation process involving pensioners.

### **Contact Details:**

Carmichael House,  
North Brunswick Street,  
Dublin 7,  
Ireland.

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## **OLDER AND BOLDER**

Older and Bolder represents an alliance of non-governmental organisations that champion the rights of all older people and works towards the attainment of an age- friendly society.

### **Contact Details:**

Jervis House,  
Jervis Street, Dublin 1.  
Tel: (01) 8783623  
Fax: (01) 8783624  
Email: [info@olderandbolder.ie](mailto:info@olderandbolder.ie)

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## **OLDER WOMEN'S NETWORK**

Older Women's Network (OWN) is a network of women and groups from all over Ireland. They work to bring about positive change and the social inclusion of mid-life and older women. They share information on relevant issues through their website, newsletters, workshops, and they endeavour to bring the voice of older women to bear on policy and decision-making at local, national and EU level.

### **Contact Details:**

Older Women's Network (OWN),  
Senior House,  
All Hallows College,  
Gracepark Road,  
Drumcondra,  
Dublin 9.

Tel: (01) 8844536  
Mobile: 085 847 8858  
Email: [info@ownireland.ie](mailto:info@ownireland.ie)  
Website: [www.ownireland.ie](http://www.ownireland.ie)

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## **SENIOR HELP LINE**

Senior Help Line is a confidential listening service run by older people for isolated or lonely, older people, for the price of a local call from anywhere in Ireland.

The lines are open from Monday to Thursday 10.00 a.m. to 10.00 p.m. Friday from 10.00 a.m. to 4.00 p.m. and 7.00 p.m. to 10.00 p.m. Saturday from 10.00 a.m. to 4.00 p.m. Sunday from 10.00 a.m. to 1.00 p.m. and 7.00 p.m. to 10.00 p.m.

Lo-Call: 1 850 440 444.

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## **SOLICITORS FOR THE ELDERLY IRELAND**

Solicitors for the Elderly Ireland is an independent national association of solicitors and barristers concerned with improving the availability and delivery of specialist legal advice to older

and vulnerable people, their families and carers.

### Contact Details:

Solicitors for Elderly Ireland,  
10 Clare Street,  
Dublin 2.

Email: [info@sfe.ie](mailto:info@sfe.ie)

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## THE ALZHEIMER SOCIETY OF IRELAND

The Alzheimer Society of Ireland is the leading dementia specific service provider in Ireland. It is a national voluntary organisation with an extensive national network of branches, regional offices and services that aims to provide people with all forms of dementia, their families and carers, with the necessary support to maximise their quality of life.

### Contact Details:

The Alzheimer Society of Ireland,  
Temple Road,  
Blackrock,  
Co Dublin.

Tel: (01) 2073800

Fax: (01) 2103772

Email: [info@alzheimer.ie](mailto:info@alzheimer.ie)

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## THE CARERS ASSOCIATION

The Carers Association is Ireland's national charity for, and consisting of, family carers in the home. Its mission is to provide family carers with emotional and practical supports, to promote the interests of family carers and those receiving care in the home through effective partnership, to lobby and to advocate for recognition and social justice for carers' invaluable contribution to Irish society.

### Contact Details:

FREEFONE 1800-24-07-24

Drop-in Resource Centres in North Dublin (Blanchardstown), South Dublin (Harold's Cross), Clonmel, Cork, Kilkenny, Limerick, Mullingar, Sligo, Tullamore, Tralee, Waterford and Wexford.

Outreach Service Projects in Clondalkin, Kildare, North Tipperary, Mayo, Laois,

Roscommon, and Wicklow.

Co-ordinated by a National Office in Tullamore, Co. Offaly.

Tel: (057) 9322920

Fax: (057) 9323623

Email: [info@carersireland.com](mailto:info@carersireland.com)

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## THE RETIREMENT PLANNING COUNCIL OF IRELAND

The Retirement Planning Council of Ireland aims to prepare people for the period of their lives which begins after they retire from work. It develops and organises preparation for retirement and life-changing courses, helping retirees to become aware of the advantages and possible drawbacks of retirement.

### Contact Details:

Pinebrook House  
72-74 Harcourt Street  
Dublin 2

Tel: (01) 4789471

Email: [information@rpc.ie](mailto:information@rpc.ie)

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